



927 4th Avenue, Grinnell, IA 50112

9:00 a.m. - 5:00 p.m. Monday - Friday  
(641) 236-2620  
Fax (641) 236-2626

# 2010 - 2011 FALL & WINTER Brochure

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## MAYOR and CITY COUNCIL

Gordon Canfield, Mayor  
Rachel Bly  
Jim White  
Larry Wilson  
Olivia Wright  
Byron Hueftly-Worley

## RECREATION BOARD MEMBERS

Jean Reavis, Chairperson  
Michael Sims, Vice Chairperson  
Earl Kinnaird  
Liz Queathem  
Matt Miller

## DEPARTMENT STAFF

Kelly Johnson Rose, *Director*  
Travis Renze, *Assistant Director*  
Nicole Lorenzen, *Administrative Assistant*

## 2010-11 FALL/WINTER BROCHURE

The programs in this brochure are offered from August 2010 through April 2011. Information and prices listed in previous editions of Grinnell Recreation seasonal brochures are no longer in effect. Information and prices are subject to change without prior notice.

The Grinnell Recreation Department reserves the right to photograph and videotape all activities, events, classes and programs for publicity purposes.

### POLICY OF NON-DISCRIMINATION

Grinnell Recreation Department programs and facilities are available to all citizens regardless of race, color, national origin, sex, age or disability. Reasonable accommodations and support can be requested to provide an individual's participation in desired programs and activities. Some programs require meeting age and skill criteria.

### PROGRAM NUMBERING SYSTEM

All aquatic and recreation programs have a **program number** for each class offered. The numbering system is used to help simplify the registration process for both you and our office. Please indicate the program number(s) when registering for programs.

#### Program Key

100's _____	Youth Programs
200's _____	Pool/Aquatics
300's _____	Family Programs
400's _____	Adult Programs

### REGISTRATION INFORMATION

Registration is required in advance for all programs, with the fees due and payable at the time of registration. No registration is complete until the fee has been paid and the participant's name is added to the program roster. All registrations are accepted on a first-come, first-serve basis. The registration deadline is five (5) business days before a specific program is to begin, unless otherwise noted. If a program is filled before your registration is processed, you will automatically be placed on a waiting list. Always use correct age at the **beginning** of the program.

### MAIL-IN REGISTRATION PROCEDURE

#### 1.) COMPLETE REGISTRATION FORM

A registration form is available inside the back cover. Be sure all information is correct and the program numbers are included.

**Registrations will not be accepted over the phone.**

#### 2) ENCLOSE PAYMENT

Total all fees and make checks payable to "Grinnell Recreation Department". Do not send cash. All fees must be paid in full.

### FINANCIAL ASSISTANCE

Financial assistance is available to those who qualify. You may apply in person at the Grinnell Recreation Department, 927 4<sup>th</sup> Avenue.

### INCLEMENT WEATHER

Activities and programs scheduled for outdoors are dependent upon weather conditions. Announcements or cancellations regarding youth and adult programs (practices and/or games) will be aired on KGRN (AM 1410) radio station on the day of the event. **Please do not call KGRN.** Should sudden threatening weather conditions arise while a program is in progress, we ask that parents arrive to the program site as soon as possible.

### LATE FEE

A late fee of \$5.00 per participant will be assessed to the fee should you register after the deadline or start of the program. A late fee of \$20.00 will be assessed to the fee for adult leagues should you register after the deadline or start of the program.

### REFUND POLICY

- A full refund is allowed only for a medical reason or if the program has been cancelled by the Recreation Department.
- No refunds will be issued for adult team sport activities.
- A \$5.00 administration fee will be assessed to all refunds if the requesting party is not willing to transfer funds to another program.
- A refund of 50% of the program fee will be issued on registrations cancelled after the start of the program, but less than 50% of the classes have met.
- **No refunds** will be issued if more than 50% of the classes have met.

### DONATIONS FOR YOUTH

Recreational programs are created to build self-esteem, to increase healthy activities, and to promote both individual and team success. Unfortunately, not all children in the community have the monetary means to participate in these extra-curricular activities. To assist these children, the Grinnell Recreation Department requests and accepts donations of swim passes, program fees or money to go toward such areas. To make your donation to the youth of Grinnell, or to seek assistance for a child in your care, please stop by our office or call 236-2620. In donating, you help the youth of Grinnell, as well as increasing community involvement and family participation. Thank you for your time and assistance in creating opportunities for others.

#### Grinnell Recreation E-Newsletter / Facebook

Sign up today for the e-newsletter by e-mailing [recreation@grinnelliowa.gov](mailto:recreation@grinnelliowa.gov) or calling the Recreation Office at 236-2620. To find our Facebook page search for "Grinnell Recreation".



**United Way**

*It brings out the best  
in all of us.™*

**\*\*STUDIO K-4 REGISTRATION FORM, FALL, 2010\*\***  
**GRINNELL ARTS ACADEMY**  
(after school – 5:15 pm)

Mondays	\$130
Tuesdays	\$140
Wednesdays	\$180
Thursdays	\$140
Fridays	\$130

**\*\*DISCOUNTS\*\***

Any 3 DAYS	-5%
Any 4 DAYS	-10%
Any 5 DAYS	-15%

**STUDIO 5-8 GRINNELL ARTS ACADEMY**  
**Tuesdays/Thursdays & Monday/Wednesdays**  
(after school – 5:15 pm)

**\$40 per session, two days/week for four weeks.**

**Session I: 9/7 - 10/1**

Schedule 1: Mondays + Wednesdays  
(early out = 9/15)

Schedule 2: Tuesdays + Thursdays

**Session II: 10/4 - 11/5**

Schedule 3: Mondays + Wednesdays  
(early outs = 10/6 & 11/3)

Schedule 4: Tuesdays + Thursdays

**Session III 11/8 - 12/10**

Schedule 5: Mondays + Wednesdays  
(early outs = 11/17 & 12/1)

Schedule 6: Tuesdays + Thursdays

**All tuition reflect class time for early out days.**

**Babel Tower Language Classes:**

(\$60/ 12 week sessions)

**Saturday & Sunday class schedules**

**Grades: K-4**

Spanish & French

**Grades: 5<sup>th</sup>- 8<sup>th</sup> Grades**

Spanish, French, Chinese, German & Japanese

**Evenings Tuesdays & Thursdays 7:00-8:00 pm**

**Teens through Adult**

Spanish & French

**Scholarships are available  
for those needing assistance.**

**Inquire with Judy Arendt,  
641-990-3948 or [judy@grinnellarts.org](mailto:judy@grinnellarts.org)**

**Visit us at [www.grinnellarts.org](http://www.grinnellarts.org)**

## COMMUNITY EVENTS

**2nd**  
SATURDAYS

**August 14 and September 11**

Run or Walk 5k  
5k or 10k Bike Ride

Drawings for prizes held each month.

Every time you participate  
and/or buy a 2nd Saturdays shirt,  
you are entered for the Grand Prize drawing  
September 11.

Registration begins at 8:15 a.m. - **Free**

Events start at 9 a.m.

Sunset Street and 8th Avenue,  
just south of the high school.  
(Cyclists must wear helmets.)

### 17th Annual, Ag Appreciation Day - August 26

Featured speaker Bill Menner, USDA Rural Development State Director for Iowa. Events begin at 3:00pm in Central Park. Presentation and program from 6:00-6:30pm followed by the Tractor Parade and Theatre in the Park.

### Happy Days Festival - August 28, Central Park

Celebrate the end of the summer with the rest of Grinnell at the Happy Days Festival. Come to Central Park to see the antique cars and stay for the food, fun and entertainment. Events begin at 9:00am and conclude with THE NADAS from 4:00-8:00pm.

### Homecoming Parade - September 30

Join the Grinnell Tiger Football Team and all the Tiger fans as they make their way around the square downtown. Parade to begin at 5:30pm. Don't forget to buy your hotdog to support "Dogs for Dollars" while you watch the Tiger Paws and Cheerleaders cheer on the Tigers.

### Disc Golf Course - Discin' inferno!

Come and play disc golf, Grinnell's fastest growing sport! The 18-hole, par 54, 5,020-foot course wraps itself around shores of Lake Nyanza and the picturesque oaks, cedars, and maples of Miller Park. There are no greens fees: admission is free. Scorecards are available in the Recreation Department office. For more information visit [www.grinnelldiscclub.org](http://www.grinnelldiscclub.org), email [info@grinnelldiscclub.org](mailto:info@grinnelldiscclub.org) or contact Dave Eberbach at 821-0137.

# Youth Programs

## PEE-WEE FLAG FOOTBALL (grades 1 and 2)

All children entering 1<sup>st</sup> and 2<sup>nd</sup> grades this fall can participate in our flag football program. Participants will learn the fundamentals of flag football through drills and basic football skills. A mini flag football game will be played towards the end of each session. This fundamental program will prepare them for the Grinnell Football League (GFL) that is played when they are in 3<sup>rd</sup> -6<sup>th</sup> grade.

Volunteers are needed as Coaches/Instructors.

### #102 Registration Deadline: August 31

Dates: Tuesday's - September 7, 14, 21, 28 and October 5

Time: 6:00 p.m. - 7:00 p.m.

Site: Ahrens Park baseball diamonds

Fee: \$25.00

## GRINNELL FOOTBALL LEAGUE GFL (grades 3rd-6th)

Boys and girls entering 3<sup>rd</sup> - 6<sup>th</sup> grade can play flag football this fall with the Grinnell Recreation Department. One league will be 3<sup>rd</sup> and 4<sup>th</sup> graders and another league will be 5<sup>th</sup> and 6<sup>th</sup> graders. Teams will practice for three weeks followed by six weeks of games. Games will be played on Monday and Thursday evenings. Each player will receive an official flag football jersey and a mouth piece. Parent volunteers are needed to help coach and two paid referees will officiate each game. Applications for referees will be accepted through August 20.

### #105 Registration Deadline: August 20

Dates: Monday and Thursday evenings  
September 13 - October 21

Times: 5:45 or 7:00 pm game

Site: Ahrens Park Baseball diamonds

Fee: \$50.00 - includes jersey

\*coaches clinic and packet pickup: Monday, August 23

\*\*Team Pictures: Sunday, September 12



## YOUTH PLACEKICK, PUNT AND THROW FOOTBALL (ages 8 to 13)

The Iowa Parks and Recreation and the Grinnell Recreation Department are teaming up to give you a chance to compete in the local Placekick, Punt and throw football contest. Winners will advance on to the State Competition in Ames on Saturday, October 16.

### #150 Registration Deadline: September 12

Date: Sunday, September 12

Time: 6:00 p.m.

Site: Ahrens Park Baseball diamonds

Fee: \$6.00

## HAPPY FEET SOCCER (Ages 3 - 6)

Happy Feet will introduce children ages 3 - 6 years old to the game of soccer, develop coordination, encourage teamwork, and ensure participation for all. Parents are encouraged to join in on this outdoor program to learn about soccer skills that can be taught at home.

*Limited enrollment of 20 participants per session*

### Registration Deadline: September 7

Dates: Tuesdays and Thursdays -  
September 14, 16, 21, 23, 28 and 30

Site: Ahrens Park Soccer complex

Times: #104A 5:30 - 6:15pm

#104B 6:15 - 7:00pm

Fee: \$25.00



## BOYS YOUTH BASKETBALL CLINIC (Grades 3 - 6)

Scott Sharp and the High School Boys' Basketball Team will instruct our Boys Youth Basketball. The boys will work on shooting skills, technique and team work. *Minimum of 10 participants need to run program*

### #119 Registration Deadline: October 29

Dates: Sundays - November 7, 14, 21 and December 5 12, 19

Time: 4:00 - 5:00pm

Site: GARC

Fee: \$20.00 (includes jersey)

## GIRLS YOUTH BASKETBALL CLINIC (Grades 3 - 6)

Trent Edsen and the High School Girl's Basketball team will instruct our Girls Youth Basketball. Girls in grades 3<sup>rd</sup> - 6<sup>th</sup> will learn the fundamentals of the game of basketball through fun and challenging drills. *Minimum of 10 participants need to run program*

### #120 Registration Deadline: October 29

Dates: Sundays - November 7, 14, 21 and December 5 12, 19

Time: 4:00 - 5:00pm

Site: GARC

Fee: \$20.00 (includes jersey)



## HAPPY HOOPS BASKETBALL (Ages 3 - 5)

Emphasis will be on skill-development for 3 - 5 year olds in the areas of ball handling, shooting, offensive and defensive footwork, teamwork and fair play. Youth sized basketballs and baskets lowered to 8' will be used to aid in the skill development of young children.

*Limited enrollment of 16 participants per session.*

### #121A Registration Deadline: September 28

Dates: Tuesdays - October 5, 12, 19 and 26

Time: 6:00 p.m. - 6:50 p.m.

Site: Ahrens Family Center

Fee: \$20.00

### #121B Registration Deadline: October 26

Dates: Tuesdays - November 2, 9, 16 and 23

Time: 6:00 p.m. - 6:50 p.m.

Site: Ahrens Family Center

Fee: \$20.00



# Youth Programs

## HOOPS & SWIM (Grades K - 2)

Here's a chance for kids in K - 2<sup>nd</sup> to develop ball handling, shooting, and enjoy a refreshing swim. Students will have the option to play basketball and/or swim for one hour per evening.

*Limited enrollment of 20 participants.*

### #125 Registration Deadline: February 24

Dates: Thursdays - March 3, 10, 17 and 24

Time: 6:30 p.m. - 7:30p.m.

Site: Ahrens Family Center

Fee: \$20.00

## PEE-WEE BASKETBALL (Grades K - 2)

Dribble, Pass, & Shoot. It's time for Pee-Wee Basketball! This is a fifty minute instructional basketball program for boys and girls who are in K - 2<sup>nd</sup> grade. Children will learn the basics of basketball through fun instructional drills. Youth sized basketballs and baskets lowered to 8' will be used to aid in the skill development of young children.

*Limited enrollment of 16 participants per session.*

### #122A Registration Deadline: September 28

Dates: Tuesdays - October 5, 12, 19 and 26

Time: 7:00 p.m. - 7:50 p.m.

Site: Ahrens Family Center

Fee: \$20.00

### #122B Registration Deadline: October 26

Dates: Tuesdays - November 2, 9, 16 and 23

Time: 7:00 p.m. - 7:50 p.m.

Site: Ahrens Family Center

Fee: \$20.00

## SPOT SHOT CONTEST (AGES 8 - 13)

The Iowa Parks and Recreation Association invites all boys and girls ages 8-13 to participate in the local spot shot contest. All winners will advance on to the state competition hosted at the GARC in April. Participants will shoot from seven locations on the court and score points.

### #108 Registration Deadline: March 5

Date: Saturday, March 5

Time: 10:00am

Site: Grinnell Athletic and Recreation Center (GARC)

Fee: \$6.00

## BOWLING (grades K - 8th)

Let's meet at the bowling alley for some fun after school. Bumpers can be used to help aid in learning the sport of bowling. Each participant will bowl two games every night we meet. *Limited enrollment of 30 students per session*

### #140A Registration Deadline: October 25

Dates: Mondays - November 1, 8, 15, 22, 29 and Dec 6

Time: 3:45 - 5:00 p.m.

Site: Bowladrome Inc - 915 State Street

Fee: \$35.00

### #140B Registration Deadline: January 17

Dates: Mondays - January 24, 31 and Feb 7, 14, 21 28

Time: 3:45 - 5:00 p.m.

Site: Bowladrome Inc - 915 State Street

Fee: \$35.00



## YOUTH SOCCER CLINIC (U-6, U-8, U-10, U12)

All youth are invited to join the Grinnell Women's Soccer team and kick the season off with a soccer clinic. Participants will learn the fundamentals of soccer while having fun.

### #109 No pre-registration required

Date: Saturday August 28

Times: U6 and U8 9:00-10:00am - registration at 8:45am

U10 and U12 10:30-11:30am - registration at 10:15am

Site: Ahrens Park Soccer Complex

Fee: FREE!

Participants are encouraged to bring a donation for the local elementary schools (crayons, pencils, erasers, glue, white copy paper, cardstock packages, dry erase markers) or make a cash donations for the team to purchase school supplies for the three local elementary schools.

*\*The clinics will be cancelled in the event of rain.*

## YOUTH TRACK CLINIC (grades 2 - 6)

Explode into summer with a running start. Boys and girls completing 2nd - 6th grades are encouraged to join this clinic and learn more about the exciting individual and team sport of track. This program will provide participants an opportunity to participate in and learn techniques involved in various track events including sprints, distance running, relays and field events. Participants will also learn proper ways to stretch, warm-up and cool down.

### #107 Registration Deadline: March 30

Dates: Wednesdays - April 6, 13, 20, 27 and May 4

Time: 5:00 - 6:00 p.m.

Site: Grinnell High School Track

Fee: \$10.00

## GRINNELL REC VOLLEYBALL (Grades 3rd-6th)

Boys and girls in 3rd through 6th grade will learn the fundamentals of the game of volleyball.

*Instructor: Marie Boggess*

### Registration Deadline: October 18

Dates: October 23, 30, November 6, 13

Site: GARC

### #166A 3rd-4th grades

Time: 9:00 - 10:00am

Fee: \$20.00

### #166B 5th-6th grades

Time: 10:30 - 12:00pm

Fee: \$28.00



## TIGER HEADQUARTERS

T-Shirts - Sweatshirts - Caps  
Key Chains - Gift Items  
And Much More

### Awards Unlimited

931 Main Street, Grinnell  
641-236-4615 or  
1-800-236-4615





# Youth Gymnastics/Tumbling Programs

We have been offering non competitive gymnastics classes for girls and boys of ages 3-18 for the last successful 6 years. Thanks to our fundraiser and generous donations we were able to purchase a new trampoline for tumbling. This will give us an opportunity to take our classes to the next fun filled level. It will be used in all classes. We are also opening a new tumbling class for older students. Kids will be taught fundamental body position and learn basic techniques that will help them develop muscular control and coordination, as well as sense of balance with physical and mental confidence. This is a great way to involve your children in sport activity where they can have fun while learning. All ages and level are welcome.

*\*Registration is limited to a maximum of 8 students per class (6 for Pre-Level classes)*

*and will be taken on a first-come, first-served basis.*

**No classes will be held on: September 6 - make up date TBD**

**November 22-26 - Thanksgiving week**

**December 20-31 - Winter break**

**March 28-April 1- Spring break**

**TODDLER TIME = \$60.00 per session**

**PRE-LEVEL = \$84.00 per session**

**Level I- Advanced II, Boys and Tumbling = \$120.00 per session**

## SCHOLARSHIPS AVAILABLE FOR THOSE THAT QUALIFY

**PRE-LEVEL - TODDLER TIME:** children 24 months to age 3 plus parent.

Class #	Dates	Times	Reg. Deadline
126A	Mon Aug 23-Nov 8	5:45-6:15	Aug 16
126D	Mon Nov 15-Feb 21	5:45-6:15	Nov 8
126G	Mon Feb 28-May 23	5:45-6:15	Feb 21

**PRE-LEVEL:** For the youngest beginners, pre-level is intended for boys and girls ages 2-4.

Class #	Dates	Times	Reg. Deadline
126B	Wed Aug 25-Nov 10	5:30-6:00	Aug 16
126C	Tues Aug 24-Nov 9	3:30-4:00	Aug 16
126E	Wed Nov 17-Feb 23	5:30-6:00	Nov 8
126F	Tues Nov 16-Feb 22	3:30-4:00	Nov 8
126H	Wed Mar 2-May 25	5:30-6:00	Feb 21
126I	Tues Mar 1-May 24	3:30-4:00	Feb 21

**LEVEL 1:** This class is intended for older beginner boys and girls ages 4-5.

Class #	Dates	Times	Reg. Deadline
127A	Thurs Aug 26-Nov 11	5:30-6:30	Aug 16
127B	Fri Aug 27-Nov 12	3:30-4:30	Aug 16
127C	Thurs Nov 18-Feb 24	5:30-6:30	Nov 8
127D	Fri Nov 19-Feb 25	3:30-4:30	Nov 8
127E	Thurs Mar 3-May 26	5:30-6:30	Feb 21
127F	Fri Mar 4-May 27	3:30-4:30	Feb 21

**LEVEL 2:** This class is intended for gymnasts with some prior experience ages 5-6.

Class #	Dates	Times	Reg. Deadline
128A	Wed Aug 25-Nov 10	6:00-7:00	Aug 16
128B	Fri Aug 27-Nov 12	4:30-5:30	Aug 16
128C	Wed Nov 17-Feb 23	6:00-7:00	Nov 8
128D	Fri Nov 19-Feb 25	4:30-5:30	Nov 8
128E	Wed Mar 2-May 25	6:00-7:00	Feb 21
128F	Fri Mar 4-May 27	4:30-5:30	Feb 21

**LEVEL 3:** For students who have previously attended level 2. and are age 6-7.

Class #	Dates	Times	Reg. Deadline
129A	Tues Aug 24-Nov 9	5:00-6:00	Aug 16
129B	Wed Aug 25-Nov 10	3:30-4:30	Aug 16
129C	Tues Nov 16-Feb 22	5:00-6:00	Nov 8
129D	Wed Nov 17-Feb 23	3:30-4:30	Nov 8
129E	Tues Mar 1-May 24	5:00-6:00	Feb 21
129F	Wed Mar 2-May 25	3:30-4:30	Feb 21

**LEVEL 4:** For girls and boys who have previously attended level 3 and are ages 7-8.

Class #	Dates	Times	Reg. Deadline
130A	Mon Aug 23-Nov 8	3:45-4:45	Aug 16
130B	Wed Aug 25-Nov 10	4:30-5:30	Aug 16
130C	Mon Nov 15-Feb 21	3:45-4:45	Nov 8
130D	Wed Nov 17-Feb 23	4:30-5:30	Nov 8
130E	Mon Feb 28-May 23	3:45-4:45	Feb 21
130F	Wed Mar 2-May 25	4:30-5:30	Feb 21

**INTERMEDIATE:** For girls who have previously attended level 4 and are ages 8-10.

Class #	Dates	Times	Reg. Deadline
137A	Tues Aug 24-Nov 9	4:00-5:00	Aug 16
137B	Fri Aug 27-Nov 12	5:30-6:30	Aug 16
137C	Tues Nov 16-Feb 22	4:00-5:00	Nov 8
137D	Fri Nov 19-Feb 25	5:30-6:30	Nov 8
137E	Tues Mar 1-May 24	4:00-5:00	Feb 21
137F	Fri Mar 4-May 27	5:30-6:30	Feb 21

**ADVANCED LEVEL I:** For girls who have previously attend the Intermediate level and are ages 10-12.

Class #	Dates	Times	Reg. Deadline
131A	Mon Aug 23-Nov 8	4:45-5:45	Aug 16
131B	Thurs Aug 26-Nov 11	3:30-4:30	Aug 16
131C	Mon Nov 15-Feb 21	4:45-5:45	Nov 8
131D	Thurs Nov 18-Feb 24	3:30-4:30	Nov 8
131E	Mon Feb 28-May 23	4:45-5:45	Feb 21
131F	Thurs Mar 4-May 27	3:30-4:30	Feb 21

**ADVANCED LEVEL II:** For girls who have previously attend Advanced Level I and are age 12 and up.

Class#	Dates	Times	Reg. Deadline
133A	Mon Aug 23-Nov 8	6:15-7:30	Aug 16
133B	Mon Nov 15-Feb 21	6:15-7:30	Nov 8
133C	Mon Feb 28-May 23	6:15-7:30	Feb 21

**BOYS ONLY:** For boys with some prior gymnastic experience.

Class #	Dates	Times	Reg. Deadline
132A	Thurs Aug 26 - Nov 11	4:30-5:30	Aug 16
132B	Thurs Nov 18-Feb 24	4:30-5:30	Nov 8
132C	Thurs Mar 3-May 26	4:30-5:30	Feb 21

**NEW! TUMBLING:** For boys and girls who would be eligible to attend the Intermediate, Advanced I or Advanced II classes.

Class#	Dates:	Times	Reg. Deadline
138A	Thurs Aug 26 - Nov 11	6:30-7:30	Aug 16
138B	Thurs Nov 18-Feb 24	6:30-7:30	Nov 8
138C	Thurs Mar 3-May 26	6:30-7:30	Feb 21

# Family Programs

## GRINNELL TAE KWON DO CLUB

Class is open to beginner and advanced students and is taught as a traditional Tae Kwon Do class. Grinnell TKD Club provides an atmosphere where students can excel at their own rate and many gain confidence in themselves and their abilities which are sometimes overlooked in team sports. Instructor: Stephanie Schinnow

### #301

Dates:	Times:	Level:
Mondays	7:00 - 8:30 p.m.	All
Wednesdays	7:00 - 8:00 p.m.	Beginner
Fridays	7:00 - 8:30 p.m.	Advanced

Site: Ahrens Family Center Gym

Fee: \$35.00 / calendar month

## DISC GOLF LEAGUE

You are invited to play in Grinnell's weekly disc golf league. Women and men of all ages and skill levels are welcome. You can play for fun or compete for weekly cash prizes, all while socializing with other players. We will play rain or shine, The 18-hole, par 54 course winds through Miller Park (Nyanza Drive and East Street), wrapping itself around shores of Lake Nyanza.

Each week, players will play one 18-hole round, measuring their scores against their own handicaps. New players will be assigned a generic handicap until they build their own. The handicap format levels the playing field for amateurs, rewarding players who improve their play each week. The players with the lowest adjusted scores win weekly cash prizes. Players can also compete for bonuses including longest putt, closest to the pin, and hole-in-one. Pay \$3 each week to be eligible for winnings. You may also choose to play for free to learn the course and play with other disc golfers. For more information visit [www.grinnelldiscclub.org](http://www.grinnelldiscclub.org), email [info@grinnelldiscclub.org](mailto:info@grinnelldiscclub.org) or contact Jarin Stoker at 641-990-8822.

Dates: Monday's - August 2-October 10.

Time: 5:30 pm

Site: Grinnell Disc Golf Course at Miller Park

## TURBO JAM

A fusion workout of kickboxing, dance and martial arts. This class includes fat burning moves, music and lots of fun. A cardio routine that focuses on core strengthening.

Instructor: Marie Boggess

Dates: Tuesday and Thursday  
September 21 - October 28

Times: 6:15-7:00am

Site: Fly High Fitness Studio - 808 Commercial St.

Fee: \$36.00

\*\*\*Future classes TBD by GRMC and their studio availability. Suggestions on class times welcome.

# Adult Leagues

## MEN'S BASKETBALL - PICK UP GAMES

Forget the schedule and come and join the guys at your leisure. Anyone can join the gang each week. Games will be held at the GARC on a reserved court. Just the price of admission or your season pass will get you in each week.

Dates: Thursdays, begins October 7th

Time: 7:30-9:00pm

Site: GARC

Fee: \$3.00 per session or GARC season pass for all season

*\*Season passes available at the Recreation Department*

## ADULT VOLLEYBALL LEAGUES

The team fee of \$100 includes t-shirts for players on the tournament championship teams. The regular season will consist of 10 games and the post season tournament will be single elimination. Captains may pick up league rules and roster forms upon registration. Leagues will be filled on a first come - first served basis.

*Maximum 8 teams per league*

### #405A – Women's Fall Volleyball League

**Registration Deadline: September 13**

Start Date: September 20, Monday nights

Time: 6:00 p.m. – 9:00 p.m.

Site: GARC

Fee: \$100.00 / team

### #405B – Coed Fall Volleyball League

**Registration Deadline: September 15**

Start Date: September 22, Wednesday nights

Time: 6:00 p.m. – 9:00 p.m.

Site: GARC

Fee: \$100.00 / team

### #405D – Women's Winter Volleyball League

**Registration Deadline: January 4**

Start Date: January 10, Monday nights

Time: 6:00 p.m. – 9:00p.m.

Site: GARC

Fee: \$100.00 / team

### #405E – Coed Winter Volleyball League

**Registration Deadline: January 5**

Start Date: January 12, Wednesday nights

Time: 6:00 p.m. – 9:00 p.m.

Site: GARC

Fee: \$100.00 / team



**CITY OF GRINNELL  
BEGGERS NIGHT  
SUNDAY, OCTOBER 31  
6:00 - 8:00 p.m.**

# American Red Cross Swimming Lessons

## Level I: Water Exploration

Students are taught independent floating and gliding and beginning arm strokes.

*Minimum 5 students and maximum 10 students per class.*

### #203A Registration Deadline: October 26

Dates: Tuesdays and Thursdays –  
November 2, 4, 9, 11, 16 and 18

Time: 6:35 p.m. - 7:05 p.m.

Site: Ahrens Family Center Pool

Fee: \$30.00

### #203B Registration Deadline: January 4

Dates: Tuesdays and Thursdays -  
January 11, 13, 18, 20, 25 and 27

Time: 6:35 - 7:05 p.m.

Site: Ahrens Family Center Pool

Fee: \$30.00

## Level II: Primary Skills

Students are taught treading water, rolling front to back and back to front.

*Minimum 5 students and maximum 10 students per class.*

### #204A Registration Deadline: October 26

Dates: Tuesdays and Thursdays –  
November 2, 4, 9, 11, 16 and 18

Time: 7:10 p.m. - 7:40 p.m.

Site: Ahrens Family Center Pool

Fee: \$30.00

### #204B Registration Deadline: January 4

Dates: Tuesdays and Thursdays -  
January 11, 13, 18, 20, 25 and 27

Time: 7:10 - 7:40 p.m.

Site: Ahrens Family Center Pool

Fee: \$30.00

## Level III: Stroke Readiness

Students are taught rotary breathing, survival float and front crawl.

*Minimum 5 students and maximum 10 students per class.*

### #205A Registration Deadline: September 28

Dates: Tuesdays and Thursdays –  
October 5, 7, 14, 19, 21 and 26

Time: 6:30 p.m. - 7:15 p.m.

Site: Grinnell College Bear Athletic and Recreation Center

Fee: \$30.00

### #205B Registration Deadline: February 1

Dates: Tuesdays and Thursdays –  
February 8, 10, 15, 17, 22 and 24

Time: 6:30 p.m. - 7:15 p.m.

Site: Grinnell College Bear Athletic and Recreation Center

Fee: \$30.00

## Level IV: Stroke Development

Students are taught all strokes and surface dives.

*Minimum 5 students and maximum 10 students per class.*

### #206A Registration Deadline: March 1

Date: Tuesdays and Thursdays -  
March 8, 10, 15, 17, 22 and 24

Time: 6:30 p.m. – 7:15 p.m.

Site: Grinnell College Bear Athletic and Recreation Center

Fee: \$30.00

## Level V: Stroke Refinement

Students increase yardage of all strokes, flip turns and learn safety skills.

*Minimum 5 students and maximum 10 students per class.*

### #207A Registration Deadline: March 29

Date: Tuesdays and Thursdays -  
April 5, 7, 12, 14, 19, 21, 26 and 28

Time: 6:30 p.m. – 7:15p.m.

Site: Grinnell College Bear Athletic and Recreation Center

Fee: \$30.00

## Level VI: Skill Proficiency

Students will learn about personal water safety and swimming for fitness as they increase their yardage and work on stroke efficiency.

*Minimum 5 students and maximum 10 students per class.*

### #207A Registration Deadline: March 29

Date: Tuesdays and Thursdays -  
April 5, 7, 12, 14, 19, 21, 26 and 28

Time: 7:15 p.m. – 8:00p.m.

Site: Grinnell College Bear Athletic and Recreation Center

Fee: \$30.00

## NEW! Parent/Child Swim Time (infant - pre-school)

Ready for some fun! No instructional class schedule to follow, just play time for you and your child. Parents are required to be with their child in the water.

Maximum 12 students per class

### #220A Registration Deadline: 13

Dates: September 20, 27 and October 4, 11, 18, 25

Time: 5:30-7:00pm

Site: Ahrens Family Center pool

Fee: \$24.00

### #220B Registration Deadline:

Dates: February 7, 14, 21, 28 March 7, 14

Time: 5:30-7:00pm

Site: Ahrens Family Center pool

Fee: \$24.00



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# Aquatics

## TIGER SHARKS SWIM TEAM

Tiger Sharks is a competitive swim program that is open to all swimmers who can swim 25 yards in deep water. Swimmers learn all four competitive swimming strokes and can compete in swim meets. We will no longer be a YMCA affiliate. We will compete in "open" swim meets.

**\*\*Mandatory parents' meeting November 2nd at the Bear Athletic and Recreation Center\*\***

**Registration Deadline: November 1**

### #214A Black - practice 3 times per week

Dates: Mondays, Tuesdays, Thursdays - Nov 1-Jan 27

Times: 10 and under 6:30 - 7:15pm  
11 and over 7:00-8:00pm

Site: Grinnell College PEC Pool

Fee: \$100.00

Must also purchase season pass to Bear Athletic and Recreation Center. All children 11 and under must be accompanied by an adult into the Natatorium each night.

### #214B Orange- practice 2 times per week

Dates: Tuesdays and Thursdays - Nov 1-Jan 27

Times: 10 and under 6:30 - 7:15pm  
11 and over 7:00-8:00pm

Site: Grinnell College PEC Pool

Fee: \$75.00

Must also purchase season pass to Bear Athletic and Recreation Center. All children 11 and under must be accompanied by an adult into the Natatorium each night.

### #214C Meet preparation

This additional practice is intended for the serious swimmer that needs more time in the water to prepare for swim meets. You must be a part of the Tiger Sharks Swim Team to register for this additional practice.

Dates: Wednesdays - Nov 3-January 26

Time: 6:30-8:00pm

Site: Grinnell College PEC Pool

Fee: \$100.00

Tiger Sharks swim team suits and caps are available for purchase at the Recreation Department all year.



## LIFEGUARD TRAINING (Ages 15 and up)

The American Red Cross Lifeguard Training course is for students age 15 years by the last day of class. At the conclusion of the course participants will receive a certificate in lifeguard training and First Aid, CPR-PR and AED. Students must attend all scheduled sessions. Class dates and times will be determined when 10 students are on the wait list.

*If interested please call Kelly Rose at the Grinnell Recreation Department*

**Applications for Lifeguards, age 16 years and older by May 30, 2011, for the Grinnell Mutual Family Aquatic Center will be taken January 2 - March 1, 2011. All applicants must be Lifeguard certified before applying. Employment will be from Memorial Day - Labor Day. Please contact Kelly Rose at the Recreation Department with any questions.**

## AQUALITE -WATER FITNESS PASS

Aqualite is for those individuals just starting out, continuing exercising, or senior citizens. Aqualite explores ways to use the water to exercise with less stress on joints. It will help you with muscle tone, flexibility, and cardiovascular conditioning.

- Exercise equipment will be available to participants any time the pool is open to the public.
- Aqualite gloves available for purchase at the Grinnell Recreation Department.
- Passes are available for purchase through the Grinnell Recreation Department.



## TINY SHARKS

Swimmers that are not able to swim 25 yards in deep water will be invited to swim at the Ahrens Family Center pool each Monday evening during the swim season. Candidates for Tiny Sharks should feel comfortable in the water and they must possess the ability to float without assistance. This team will work on the front stroke, learn how to float on their backs and progress to back stroke.

*Maximum 8 students per class*

**Registration Deadline: November 1**

Dates: Mondays -

Nov 8, 15, 22, 29 Dec 6, 13 Jan 3, 10, 17 24

Times: **#214D** 6:00 - 6:45pm

**#214E** 6:45 - 7:30pm

Site: Ahrens Family Center Pool

Fee: \$50.00

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# Facility Use

## GRINNELL ATHLETIC AND RECREATION CENTER

The GARC will open to the public beginning October 1, 2010 through April 30, 2011.

Passes are available for purchase at the Recreation Department only.

All children age 11 and under must be accompanied by an adult.

### Open Recreation Hours

Monday – Friday 5:30 p.m. - 9:00 p.m.

Saturday 1:00 p.m. - 8:00 p.m.

Sunday 1:00 p.m. - 8:00 p.m.

\*The building or portions of the building may be closed for programming purposes on occasion. Please check the schedule at the GARC for these dates and times.

## GRINNELL COLLEGE - BEAR ATHLETIC AND RECREATION CENTER

The Natatorium will be open to the public on Tuesday, September 7, 2010, with regular hours through May 13, 2011.

Passes are available for purchase at the Recreation Department only. Each member will then receive a photo ID pass issued by Grinnell College. You must present your pass every time you arrive at the facility. A fee will be charged to you from Grinnell College to replace a lost or damaged card. All children age 11 and under must be accompanied by an adult.

Everyone must pay to use the facility no matter their intent to swim.

**\*Daily admission passes must be purchased at the Recreation Department in advance.**

**No cash will be accepted at the door.**

### Natatorium Hours

Sunday 1:00 – 4:00 p.m.

Monday – Friday 6:00 – 8:00 a.m.

Monday – Friday 12:00 – 1:00 p.m.

Monday – Thursday 6:30 – 8:00 p.m.

Friday – Saturday 6:30 – 9:00 p.m.

***The natatorium will be closed on the following dates according to the Grinnell College Academic Calendar***

*Fall Break (October 15 - 24)*

*Thanksgiving Break (November 24 - 28)*

*Winter Break (December 17 - January 23)*

*Spring Break (March 18 - April 3).*

\*The natatorium may be closed for programming purposes on occasion for Grinnell High School and Grinnell College Swimming and Diving meets. Please check the schedule at the college for these dates and times.

## Admission / Passes to the GARC

- All children age 11 and under must be accompanied by an adult
- All passes sold to children age 11 and under must be a family pass

	Daily	Monthly	Season
Single	\$3.00	\$18.00	\$90.00
Family	—	\$24.00	\$120.00

## Admission / Passes to the Bear Athletic and Recreation Center

- All Children age 11 and under must be accompanied by and adult.
- All passes sold to children age 11 and under must be a family pass
- All Daily passes must be purchased in advance at the Recreation Department during normal business hours

	Daily	Monthly	Season
Single	\$3.00	\$18.00	\$90.00
Family	—	\$24.00	\$120.00

## Passes to both the GARC and Bear Athletic and Recreation Center

	Daily	Monthly	Season
Single	—	\$30.00	\$150.00
Family	—	\$40.00	\$200.00



## Registration Form-Grinnell Recreation Department

1. \_\_\_\_\_

Today's Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Participant's Name (Last, First, Middle) 2. \_\_\_\_\_

### 1. Registration Information

Pre-Registration is required for all programs with the fees due and payable at the time of registration. No registration is complete until the fee has been paid and the participant's name is added to the registration roster. All registrations are accepted on a first-come, first-served basis. The registration deadline is five (5) business days before a specific program is to begin, unless otherwise noted. If a class is filled before your registration is processed, you will automatically be placed on a waiting list. Always use correct age at the beginning of the program.

### 2. Refund Policy

- No refunds will be issued for adult team sport activities.
- A full refund is allowed only for a medical reason or if the program is cancelled by the Recreation Department.
- A \$5.00 administration fee will be assessed to all refunds if requesting party is not willing to transfer funds to another program.
- A refund of 50% of the program fee will be issued on registrations cancelled after the start of the program, but less than 50% of the classes have met.
- No refunds will be issued if more than 50% of the classes have met.

### 3. Late Fee A late fee of \$5.00 will be assessed to the fee for those registering after the deadline or start of the program.

Street Address, Apt# \_\_\_\_\_ Name of Parent/Guardian: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Address if different from participant: \_\_\_\_\_

Home Phone ( ) - \_\_\_\_\_ Work Phone ( ) - \_\_\_\_\_ \*\*E-mail Address: \_\_\_\_\_

Emergency Contact Person \_\_\_\_\_ Birth Date of Child 1: \_\_\_\_/\_\_\_\_/\_\_\_\_

Name: \_\_\_\_\_ phone number \_\_\_\_\_ Birth Date of Child 2: \_\_\_\_/\_\_\_\_/\_\_\_\_

5. PROGRAM #	NAME OF PROGRAM	NAME OF PARTICIPANT(S)	AGE	PROGRAM FEE	LATE CHARGE IF APPLICABLE	TOTAL FEE

6. I certify I have read and understand the statements above concerning: registration, refunds and late fees.

7. General Liability Release: The undersigned person certifies as follows: I recognize that because of the potential hazardous nature of this activity, named above, that an injury might be sustained. In the event of injury, I give permission to hospitals, physicians and other care providers to render such treatment as would be normal and agree to pay the usual charges for such treatment. I release the City of Grinnell and its Recreation Department, the Ahrens Park Foundation, its employees, and agents for any personal injuries or damages to property caused by or having any relation to this activity. I understand that this release applies to any present or future injuries and that it binds my spouse, dependents, and personal representative. I have read this release and understand all of its terms. I sign it voluntarily and with full knowledge of its significance. I hereby agree to abide by the rules and regulations of the Grinnell Recreation Department.

8. \_\_\_\_\_ /\_\_\_\_/\_\_\_\_  
Signature of Participant or Parent/Guardian if Participant is under 18 Date

Do Not Write Below This Line - Recreation Office Use Do Not Write Below This Line - Recreation Office Use

Pay Mode: Cash \_\_\_\_ Check \_\_\_\_ Credit \_\_\_\_ Receipt # \_\_\_\_ Data Entry: Date \_\_\_\_ By: \_\_\_\_

# Facility Rentals

The Grinnell Recreation Department hosts a wide variety of rental facilities for use by the general public. Ideal for receptions, family reunions, church gatherings, weekly or monthly meetings, weddings, receptions, class reunions, business functions and picnics too. The facilities can accommodate 10 to 535 people. Most open air shelters are equipped with electrical outlets for your convenience. Most enclosed facilities have full kitchens and restrooms easily accessible for use during your rental.

If you are interested in any of the rental facilities available through the Recreation Department or would like further information on availability, please contact our office at (641) 236-2620.

**FEES VARY FOR BUILDING AND SHELTER RENTALS.**

## Building / Facility Rentals

**Ahrens Family Center** - Gymnasium / Kitchen / Pool

**Community Center** - Senior Area

B.G. Voertman Theatre / Auditorium

**Garfield Softball Field**

**Grinnell Athletic & Recreation Center (GARC)**

(Saturdays, October 1 – April 30)

**Grinnell Mutual Family Aquatic Center**

(Memorial Day to Labor Day)

## Equipment Rentals

Tables / Chairs

Outdoor volleyball set (1 volleyball, net and standards)

Santa Suit

Elf Suit

Flag Football Set (1 football, 18 flags, 9 Pinnies)

Soccer Set (1 soccer ball, portable goals, 6 pinnies)

Horseshoe Set (4 horseshoes, 2 stakes)

Baseball bat

Football (intermediate, junior and regulation sizes)

Soccer Ball (sizes 3, 4 and 5)

Volleyball (indoor and outdoor balls)

Pinnies

Uniforms

Popcorn machine

Snow cone machine

Portable Public Address System

Disc golf set

## Park Shelter Rentals

**Arbor Lake** -

West Washington Ave / corner of Pearl St and Marvin Ave

**Bailey Park** -

8th Ave between Prince St and Prairie St

**Central Park** -

4th Ave between Broad St and Park St

**Central Park Gazebo** -

4th Ave between Broad St and Park St

**Jaycee Park** -

Corner of summer St and 3rd Ave

**Lake Nyanza** -

East St between Washington Ave and Garfield Ave

**Lions Park** -

Corner of 8th St and Sunset Ave

**Merrill Park (East & West)** -

10th Ave between West St and Park St

**Miller Park** -

East St between Washington Ave and Garfield Ave

**Van Horn Park** -

Spencer St between 15th Ave and 16th Ave



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